

Definitions:

Pasteurized milk - ***Raw milk that has been heated to destroy any disease germs***

Homogenized milk – ***Milk that has been pasteurized and mechanically treated to breakup butterfat and distribute them evenly***

Fortified milk – ***Addition of vitamins or minerals or protein not naturally present in food.***

Aseptic (Ultra-pasteurization) milk – ***Heating raw milk at a higher temperature then aseptically packaging it***

Raw milk – ***Fresh, unpasteurized milk straight from the cow***

Whole milk – ***No butterfat removed contains 3 – 4 1/2 % fat***

Skim milk – ***Most of the butterfat removed (<.5% fat)***

Two percent milk – ***Also called lowfat, has sufficient milkfat removed to bring the levels between 0.5 and 2%***

One percent milk – ***Also called lowfat, has sufficient milk fat removed to bring the levels between 0.5 and 1%***

Buttermilk – ***A culture has been added to give its characteristic flavor***

Chocolate milk – ***Chocolate flavoring added to 2% milk***

Evaporated milk – ***Whole milk with 60% of the water removed 1/2 of the water removed***

Eggnog – ***Mixture of milk, eggs, sugar and cream and flavorings***

Dry whole milk – ***Whole milk mechanically treated to remove all the water in powder form***

Nonfat dry milk – ***Milk which has both the fat and water removed. Powder form***

1. What is milk? ***87% water, 1% solids, most near perfect food***
2. Why is milk called the most near perfect food?
Protein to build and repair; carbohydrates for energy and warmth; fats for energy and warmth, carries fat soluble vitamins; vitamins A and D, B2; minerals – calcium, phosphorus
3. When shopping for milk, what do you look for on the container?
Name, pasteurized, homogenized, ingredients if added, pull date
4. How do you store and care for milk products?

Refrigerate promptly

5. The three grades of milk are **A** , **B** , and **C** . The grades tell us the milk is **safe and wholesome** .
6. The two uses for milk are: a) **beverage**
b) **ingredient in food**
7. When cooking with milk, always remember to **stir constantly** and **cook at a low temperature** . These two things will help to prevent:
a) **film or scum formation**
b) **boiling over**
c) **scorching**
d) **curdling of milk**
8. Milk can be **substituted** in the diet by other forms of milk products at an extra added cost and extra calories which include:
a) **cheese** } **3 times as much as milk**
b) **ice cream** } **3 times as much as milk**
c) **cottage cheese**
d) **yogurt**
9. What are some ways one can stretch their milk dollar?
a) **larger container**
b) **pick up own from store – no home deliveries**
c) **use evaporated in cooking**
d) **mix dry milk with regular milk**
10. What are some ways to reduce the fat content in recipes that call for milk products?

Use skim or 2% milk for whole milk. Use yogurt for mayonnaise

11. The date on the milk carton indicates that the milk should stay fresh for **5 – 7** days past that date.
12. The secret to making a smooth white sauce is **using the right amount of flour and in proper blending of each. Measure accurately and mix quickly** .

By varying the thickness, the white sauce can be used for a variety of things for example:

thin: **sauc**es for vegetables
medium: **cheese sauce, casseroles, soups, gravy**
thick: **croquettes**

14. What is the recipe for a 1 cup medium white sauce? How is it varied to make a thin and a thick?

Medium	Thin	Thick
2 tbs. butter	1 tbs. butter	3 tbs. butter
2 tbs. flour	1 tbs. flour	4 tbs. flour
¼ tsp. salt	¼ tsp. salt	¼ tsp. salt
dash pepper	dash pepper	dash pepper
1 cup milk	1 cup milk	1 cup milk